

Healthy People

Spring Clean Up Safety

Don't let Spring clean up mean you are "springing" for a trip to the emergency room! Whether you are doing yard work or sprucing up your living space, be sure to follow a few safety tips to protect yourself from injury!

"Back" to basics!

There are a couple things to remember to protect your back:

- Lift with your legs! When lifting you should squat down, pick up the object, then stand up. Bending over at the waist and picking something up can be very dangerous. Also avoid twisting at the waist when you pick something up. And don't forget to get help when lifting something heavy.
- Push! Don't pull! If you have a choice, it puts less pressure on your back to push something rather than pull it.

It's Spring, not "Fall"

Sometimes you need a ladder to get to those hard-to-reach places like gutters and ceiling fans. Remember a few safety rules for using a ladder to help keep you from falling down and getting hurt:

- If you feel tired, dizzy, or are prone to losing your balance, stay off the ladder!
- Don't use ladders in high winds or during storms.
- Wear clean slip resistant shoes so your feet stay firmly on the ladder.
- Use the right size ladder. You should never stand on the top rung or step.
- Never place a ladder in front of a closed door that could swing out and hit the ladder. Prop the door open, or lock it for safety.
- Remember "three points of contact"! When using a ladder you should have three points of contact at all times. That means two feet and one hand or two hands and one foot.

